

VA CENTRAL IOWA HEALTH CARE



Recreation Therapy and Music Therapy Activities for Enrolled Outpatient Veterans

Day/Date	Time	Location	Description	Who May Participate	Call to Sign Up
1 st Tues of the month (Rescheduled for Feb 9 th)	6:30pm	Bldg. 12/CLC 3 rd floor dining room	Fly Tying Contact Joni about learning how to create flies! Sponsored by Project Healing Waters	Any veteran	Joni Osmundson 515-699-5999 X4980
Every Tuesday in Feb.	6:00-8:00pm	Valley Community Center 4444 Fuller Road, WDM 50265	Power Soccer Practice and Scrimmage Soccer for people who use power wheelchairs, foot guards will be provided during game for your wheelchair.	Any veteran who uses and can independently control a power wheelchair	Joyce Ellens 515-699-5999 X4939
All Thursdays in Feb.	1:30-2:30pm	Bldg. 12 CLC; 3 rd floor dining room	Yoga! Please join us for yoga on Thursdays. Beginning level in chairs. Learn about deep breathing techniques and relaxation.	Any veteran	Kayla Nelson 515-699-5999 X4331 or Suzanne Anderson x4949
Every Thursday in Feb.	6:00-8:00pm	First Family Church 317 SE Magazine Rd. Ankeny 50021	Wheelchair Basketball Practice and Scrimmage. Basketball for people in manual wheelchairs. Some sport wheelchairs available to try.	Any veteran who uses a manual wheelchair independently	Joyce Ellens 515-699-5999 X4939
Friday Feb. 12th and 26th	12:30-2:30pm	ChildServe Therapy Pool- Sign up for Transportation from VA main lobby	Veteran's MOVE! Group- heads to the pool for a work out, low intensity and accessible for all!	MOVE! Participants *must call and sign up	Kayla Nelson 515-699-5999 x4331

Fri. Feb 12	12:30-4pm	Bldg. 12 CLC; room B109	Women Veterans. Come finalize the Creative Arts projects or work on crafts. We will have supplies to make cards, do scrapbooking, make a fleece blanket and more. Bring your own craft/hobby if you'd like. Come visit and enjoy some cookies and hot chocolate for a mini Valentine's Day party.	Any female veteran	Suzanne Anderson 515-699-5999 X4949
Wed. Feb. 17	12-3:30pm	Leave from Bldg. 12 or meet at Annett Nature Center south of Indianola	Women Veterans. Join us for snowshoeing at Annett Nature Center from 1-2pm. If you are riding with us, we will leave from the VA at noon. No experience needed. Activity is TENTATIVE as it depends up the snow amounts. We need a minimum of 5 veterans signed up to go. Please sign up from Feb. 1 with Suzanne.	Any female veteran	Suzanne Anderson 515-699-5999 X4949
Fri. Feb. 26	6pm	VA Main Lobby	Local Veterans Creative Arts Competition—veterans can enter into a talent competition in the areas of art, creative writing, dance, drama or music. Some paperwork and rules apply. Start planning entries now!! All entries will be due by Feb 15, 2016.	Any veteran	Contact Suzanne Anderson at 515-699-5999 x4949 for questions or entry forms
Dates TBD Summer of 2016	TDB Summer of 2016	Warrior Run Golf Course, Norwalk	GIVE- Golf for Injured Veterans Everywhere. FREE 5 week golf lessons for veterans and their caregivers. Call to reserve your spot for the 2016 season!	Any veteran, open to 15 veterans per session.	Joyce Ellens 515-699-5999 X4939